

# Functional Family Therapy

Functional Family Therapy (FFT) is offered to Huntingdon County youth ages 10-18 and their families. This program is offered in collaboration with Huntingdon County Children's Services, JPO, and multiple child-serving entities and school districts. It is a highly structured evidence based model of therapy that works with the entire family of an at-risk youth, helping them to identify, achieve, and maintain desired positive change. A specially-trained FFT therapist provides focused interventions during sessions with the youth and family for a brief period of time. Functional Family Therapy has produced extraordinarily positive results among families with at-risk youth/adolescents due to high levels of adherence and fidelity to the model.

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Data from numerous studies of FFT outcomes suggest that, when applied as intended, FFT reduces recidivism and/or the onset of offending between 25% and 60% more effectively than other programs. Other studies indicate that FFT reduces treatment costs to levels well below those of traditional services and other interventions. Equally important, FFT has been found to have significant "spin-off benefits" in terms of developing resiliency and protective factors in younger siblings within a household due to improved parenting and family functioning. The FFT therapist works with the youth and family in a multi-phase process directed at achieving long-term change.

Each therapist carries a caseload of up to 10 youth and their families. The FFT process takes on average 16 weeks, but can be completed in less or more time depending on the needs of each family. 60 to 90 minute sessions are typically scheduled weekly, but often in the early phase of the process, two sessions may be scheduled in one week. In the last phase of the program, sessions become less frequent. FFT, LLC provides clinical consultation and training to therapists on a weekly basis. This service will be provided by a certified FFT Clinical Site Lead who is a Licensed Social Worker and a FFT trained and certified therapist. The target population is youth ages 10 to 18 with behavioral and mental health concerns and their families. Common diagnoses of FFT referred youth include but are not limited to: Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorder, Depression Disorder, Adjustment Disorder, Mood Disorder, and ADHD. Referral Sources may include Huntingdon County Children's Services and Juvenile Probation. Referrals from Mental Health system, Schools, Family, and Community will be screened by Evolution and approved for service as deemed appropriate.